

Appl. No. 09/848,105
Amdt. dated Jan. 20, 2004
Reply to Office action of Aug. 12, 2003

Amendments to the Claims:

This listing of claims will replace all prior versions and listings of claims in the application.

Listing of Claims:

Claim 1 (Currently amended): An exercise device comprising:

a frame;

a body extension mechanism including:

a press plate mechanism comprising a four-bar linkage, the press plate mechanism
operably connected to the frame;

a seat structure having a seat and a back support, the back support being pivotally
connected with the frame; and

a transfer link having a first end and a second end, the first end being operably connected
with the press plate mechanism, and the second end being operably connected with the back
support.

Claim 2 (Currently amended): The exercise device of claim 1 wherein the press plate
mechanism includes at least one link pivotally connected with the ~~[[front]] frame-portion~~.

Claim 3 (Currently amended): The exercise device of claim 2 wherein the press plate
mechanism includes:

a top link having a front top link portion, a rear top link portion, and an upper portion;

a plate connected with the upper portion;

a front link pivotally connected with the front top link portion, the front link pivotally
connected with the ~~[[front]] frame-portion~~; and

a rear link pivotally connected with the rear top link portion, the rear link pivotally
connected with the ~~[[front]] frame-portion~~-rearwardly of the front link; and

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wherein said top link, ~~plate~~, front link, frame, and rear link form ~~[[a]]~~ the four-bar linkage.

02
Claim⁵~~4~~ (Original): The exercise device of claim 1 further including at least one shock operably connected between said press plate mechanism and said frame.

Claim⁴~~5~~ (Currently amended): The exercise device of claim ~~[[4]]~~ 3 further including at least one shock having a top pivotally connected with the top link and having a bottom pivotally connected with the frame.

Claim 6 (Original): The exercise device of claim 1, wherein:

off stick
off stick
said
said link has a front portion defining a channel, and a rear link portion;
said
said rear link portion being insertable in the channel so that the length of the transfer link is adjustable.

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Claim~~7~~¹⁰ (Currently amended): An exercise device comprising:

a frame;

a body extension mechanism including:

a press plate mechanism operably connected to the frame;

a seat structure having a seat and a back support, the back support being pivotally connected with the frame;

a transfer link having a first end and a second end, the first end being operably connected with the press plate mechanism, and the second end being operably connected with the back support; and

the articulating seat structure further includes an over-center back adjustment mechanism whereby the orientation of the back support with regard to the seat may be adjusted.

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Claim~~8~~⁷ (Original): The exercise device as defined in claim 1, further comprising:

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5/14/04
a
A weight stack having at least one weight plate.

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Claim 9 (Original): The exercise device as defined in claim 8, further comprising:

5/14/04
a
A cable operably connected between the body extension mechanism and the weight stack.

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Claim 10 (Original): The exercise device as defined in claim 1, further comprising:

5/14/04
a
A weight stack having at least one moveable weight plate;

5/14/04
a
A cable operably connected between the body extension mechanism and said moveable weight plate; and

5/14/04
wherein
Wherein the movement of said body extension mechanism causes said transfer link to move, thus tensioning said cable to move said at least one weight plate, and as causing said back support to pivot about its connection with said frame.

Claim 11 (Original): An exercise device comprising:

a frame having a front frame portion and a rear frame portion;

a first transfer pulley connected with the rear frame portion;

a second transfer pulley connected with the rear frame portion below the first transfer pulley;

a third transfer pulley connected with the front frame portion;

a weight stack structure including:

a lower portion and an upper portion;

a weight stack having at least one weight plate;

a first lift pulley connected with the upper portion;

a second lift pulley connected with the upper portion above the weight stack; and

a lower pulley connected with the lower portion;

a body extension mechanism including:

a press plate mechanism pivotally connected with the frame;

an articulating seat structure pivotally connected with the frame;

a transfer link connected between the press plate mechanism and the articulating seat structure; and

a weight transfer pulley; and

a cable having a first end and a second end, the first end connected with the frame, the cable routed from the connection with the frame to the weight transfer pulley, then to the first transfer pulley, then to the second transfer pulley, then to the third transfer pulley, then to the lower pulley, then to the first lift pulley, then to second lift pulley, and then the cable connected with the weight stack.

Claim 12 (Currently amended): An exercise device comprising:

a frame;

a foot press plate pivotally connected with the frame with a four-bar linkage;

a seat structure pivotally connected with the frame; and

a transfer mechanism connected between the foot press plate and the seat structure so that movement of the seat structure is coordinated with movement of the foot press plate.

Claim 13 (Previously presented): The exercise device of claim 12 wherein the transfer mechanism includes a transfer link having a first portion pivotally connected with the foot press plate and a second portion pivotally connected with the seat structure.

Claim 14 (Previously presented): The exercise device of claim 13 wherein the transfer link has an adjustable length.

Claim 15 (Previously presented): The exercise device of claim 13 wherein the seat structure includes a pivotal back support, and wherein the second portion of the transfer link is

connected with the pivotal back support so that pivotal movement of the back support is coordinated with movement of the foot press plate.

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Claim 16 (Previously presented): The exercise device of claim 13 further comprising:
a body extension mechanism including:

the foot press plate;
the seat structure; and
the transfer link.

Claim 17 (Previously presented): The exercise device of claim 16 further comprising a weight stack operably connected with the body extension mechanism.

Claim 18 (Previously presented): The exercise device of claim 16 further comprising a weight stack operably connected with the foot press plate.

Claim 19 (Previously presented): The exercise device of claim 16 further comprising a weight stack operably connected with the seat structure.

Claim 20 (Previously presented): The exercise device of claim 16 further comprising a weight stack operably connected with the transfer link.

Claim 21 (Currently amended): The exercise device of claim 12 wherein the foot press plate includes at least one link pivotally connected with the [[front]] frame-portion.

Claim 22 (Previously presented): The exercise device of claim 12 wherein the foot press plate includes:

a top link;
the foot press plate connected with the top link;

a first link pivotally connected with the top link portion, the first link pivotally connected with the frame; and

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a second link pivotally connected with the top link portion, the second link pivotally connected with the frame.

Claim 23 (Previously presented): The exercise device of claim 22 wherein the first link is pivotally connected with the top link rearwardly of the second link.

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Claim 24 (Previously presented): The exercise device of claim 23 wherein the first link is pivotally connected with the frame rearwardly of the second link.

Claim 25 (Currently amended): An exercise device comprising:

a frame;

a foot press plate pivotally connected with the frame via a four-bar linkage; and

5/14/04
a seat structure having a pivotal back support connected ^{to move} with the foot press plate.

Claim 26 (Currently amended): The exercise device of claim 25 further comprising a weight stack operably connected with the foot press plate ~~mechanism~~.

Claim 27 (Previously presented): The exercise device of claim 25 wherein the foot press plate includes:

a top link;

the foot press plate connected with the top link;

a first link pivotally connected with the top link, the first link pivotally connected with the frame; and

a second link pivotally connected with the top link, the second link pivotally connected with the frame.

Claim 28 (Previously presented): The exercise device of claim 25 further comprising a transfer link having a first portion pivotally connected with the foot press plate and a second portion pivotally connected with the pivotal back support.

Claim 29 (Currently amended): An exercise device comprising:

a frame;

a foot press plate operably associated with a four-bar linkage, the foot press plate having
a foot press plate rest position and at least a second foot press plate position;

a seat structure having a seat structure rest position and at least a second seat structure
position; and

wherein movement of the foot press plate between the foot press plate rest position and
the at least a second foot press plate position is coordinated with movement of the seat structure
between the seat structure rest position and the at least a second seat structure position.

Claim 30 (Previously presented): The exercise device of claim 29 wherein the at least a
second foot press plate position is further away from the seat structure than the foot press plate
rest position.

Claim 31 (Previously presented): The exercise device of claim 29 wherein the at least a
second seat structure position is further away from the foot press plate than the seat structure rest
position.

Claim 32 (Previously presented): The exercise device of claim 29 wherein the seat
structure includes a pivotal seat back and wherein the pivotal seat back pivots away from the foot
press plate between the seat structure rest position and the at least a second seat structure
position.

Claim 33 (Previously presented): The exercise device of claim 29 further comprising a
transfer link having a first portion pivotally connected with the foot press plate and a second
portion pivotally connected with the seat structure.

Claim 34 (Currently amended): An exercise device for a user to exercise comprising:

a frame;

sitting means for the user to sit on the exercise device;

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foot press means for the user to press against;

four-bar linkage means for coupling the foot press means with the frame; and

~~transfer links~~ means for connecting the sitting means [[to]] with the foot press means.